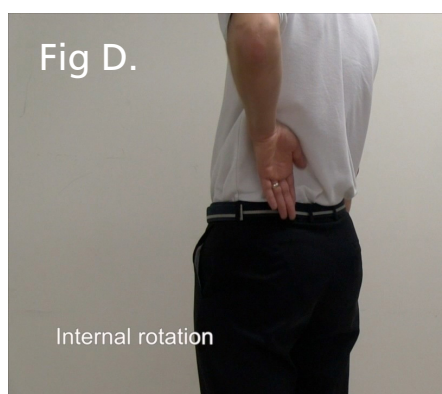
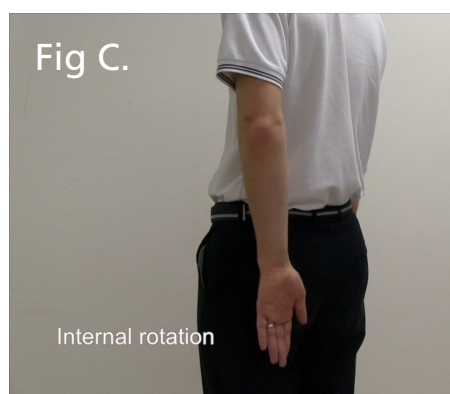
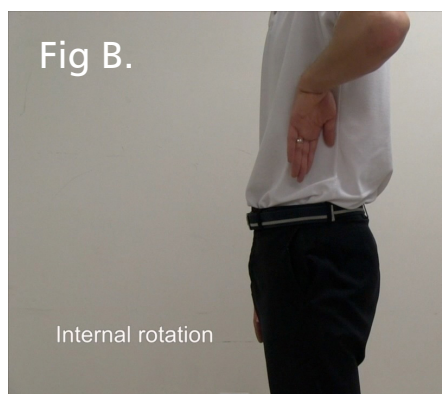
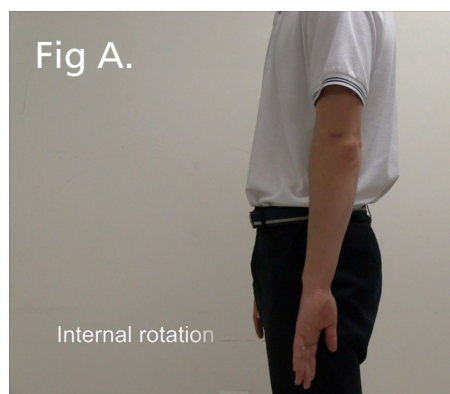


Internal rotation - shoulder



Place the back of your thumb against your side (Fig A).

Slide your thumb up (Fig B) and down your side as far as possible.

Gradually move your hand further toward your spine and repeat the exercise (Figs C and D).

The whole exercise should last between two and three minutes.

Repeat as directed by your physiotherapist.

For a video demonstration of this exercise please press 'Ctrl' and click [HERE](#)



Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.